

Student Leader Role Profile



Exercise for Wellbeing Buddy

Support students to exercise and manage their wellbeing through our innovative supported 'Get Active' programme.

Duties and Responsibilities

- Support students to take part in a physical activity of their choice.
- Meet students before the sessions to welcome them to the scheme if they are anxious about starting
- Attend timetabled exercise classes/taster sessions at least once a week.
- Organising ad-hoc bookings for exercise eg booking badminton court and equipment for a game, or putting time aside for a walk
- Motivate students to continue with activities during and after your support.
- Keep in regular contact with other 'Get Active' Buddies to ensure the sessions have appropriate number of Buddies.
- Signpost support as required.

Useful Previous Experience/Skills

- Enthusiasm for being active, and able to support and motivate others.
- Excellent people skills and communication skills.
- Ability to build supportive relationships with a diverse range of other students.
- An understanding of the barriers people can face when it comes to exercising.
- An understanding of how anxiety, social anxiety, low mood, loneliness, low self-confidence and feeling like you don't fit in can affect the student experience.
- Previous experience working with people who are struggling with their wellbeing is desirable but not essential.
- Commitment to the role and reliable.

Why become a buddy?

- Make a big impact on other students' wellbeing, self-confidence and happiness.
- As a Student Leader you can access the Student Leader Training Hub, with opportunities to develop transferrable.
- Receive training on peer support, wellbeing and loneliness.
- Enjoy a free weekly exercise class or SU Club taster session.
- Enhance your CV by developing transferable skills.
- Meet new people, build your network and have fun!
- Opportunity to win "Volunteer of the Month".
- Celebration event at the end of the year.
- Feel good knowing you are helping others and supporting your community.

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Key Time Commitments

- Training Requirements – 1.5 hour session.
- Meeting Mentees – 1 to 2 hours per week during Semester 1 and/or Semester 2.

We are here to help in your role:

- Email: peersupport@bath.ac.uk
- Office: Peer Support Office, Level 3, The SU

Website: thesubath.com/peer-support/

Skills you will develop in this role:

Commercial Awareness		Creativity	✓
Decision Making	✓	Delegation	
Financial Management		I.T. Skills	
Initiative	✓	Leadership	
Marketing		Negotiation	
Organisation/ Planning	✓	People Management	
Problem Solving		Public Speaking	
Teamwork	✓	Time Management	✓
Verbal Communication	✓	Written Communication	